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BAD INFLUENCE

AS BREAKING BAD WRAPS UP ITS FINAL SEASON, STAR BRYAN CRANSTON MUSES ON WHAT ROLE COMES NEXT AFTER WALTER WHITE. HINT: IT COULD BE ANOTHER EVIL BALD GUY

PAGE 9

Hundreds of Roughriders fans, like Derrick Rosenfelt and his children Kaylee, left, and Talon, lined up at the Rider Store at Centre Mall in Saskatoon Sunday afternoon for a chance to get an autograph from Roughriders Renauld Williams, Ben Heenan and Kory Sheets. MORGAN MODJESKI/METRO IN SASKATOON

Nobody's perfect — and that's all right with Rider Nation

Team now tied for first in division at 5-1. Fans unfazed by Roughriders' first loss of the season

MORGAN MODJESKI
Metro in Saskatoon

Spirits remain high within Rider Nation, despite the end to the team's perfect record.

Some fans feel the Saskatchewan Roughriders' 42-27 loss against the Calgary Stampeders on Friday night will help keep the Green and White in check.

"A loss is good," said Jim Leon, while enjoying a Sunday morning coffee in Saskatoon.

"That shows them that they're not unbeatable and that — how do you say — there's room for improvement," he said.

Regina native Joey Gadica added to the positive sentiment.

"The loss on Friday was inevitable, plus Calgary has a good team," said Gadica, while taking in the final day of the Regina Folk Festival on Sunday. "It will probably be us versus Calgary in the West final."

"The Roughriders are not quite the same team they were last year due to the coaching changes as well as some personnel changes," said Tress. "This loss they suffered on Friday night is going to be used as a building block to build for the rest of the season and they're going to learn from that."

End of the streak, but we feel fine

"A loss is good. That shows them that they're not unbeatable and that ... there's room for improvement."

Riders fan Jim Leon

Tim Tress, who's been supporting the Riders since 1972, said while the strong start is similar to the way the Riders started the 2012 season, with a three-game winning streak followed by a five-game losing streak, the team has changed a lot since last year.

The Riders are now 5–1 on the season and are tied for first with the Calgary Stampeders in the CFL's West Division.

The Roughriders' next game is against the Montreal Alouettes on Aug. 17 at Mosaic Stadium.

WITH FILES FROM MARCO VIGLIOTTI

NEWS 1

Regina Folk Festival smashed attendance records: Organizers

Big draws, big numbers. Headline performers such as Loreena McKennitt, Feist attract thousands to main stage

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Concert-goers packed Victoria Park on Sunday for the final day of the 2013 Regina Folk Festival. MARCO VIGLIOTTI/METRO

Before the final performers hit the stage for the last day of the 2013 Regina Folk Festival on Sunday, organizers had already declared that the annual musical event welcomed a record number of concertgoers during its first two days.

"We've had record attendance so far," said the festival's artistic director Sandra Butel. "Our main stage area (has welcomed around) 4,000 people a night and daytime there's around 10,000 people a day."

The biggest draw during the first few nights of the festival appeared to be Canadian signer Loreena McKennitt, Butel said, who noted that all of the headline performers, including Grammy nominee Feist, had attracted large crowds to Victoria Park.

She added that there had been no "major incidents" during the festival on Friday and Saturday.

"There's always a few people who've had too much to drink but nothing that required calling the police," Butel said.

A handful of festival attendees told Metro Sunday that they hadn't encountered any security problems and said their fellow audience members, for the most part, were well behaved.

"I haven't seen any fights, or anything — people are pretty respectful," said Stephanie Davroux, who alongside fellow Saskatoon native Dustin Picard made the trip down to the Queen City for the weekend.

"We've had no problems," added concertgoer Stacy Martin, a Regina native who now lives in South Korea where he teaches English.

Martin said the event is annual tradition for his family back in Saskatchewan and his sister Charity Gadica routinely purchases a ticket for him as a gift every Christmas.

Just like clockwork, the siblings say they'll be back for the 2014 edition.

Rally held for two former U of R students facing deportation

Rev. Kay Adebogun, of Regina's Rosemont United Church, speaks Sunday afternoon at a rally held in support of two former University of Regina students facing deportation orders. MARCO VIGLIOTTI/METRO

Supporters of two former University of Regina students facing deportation orders held a rally Sunday outside the Rosemont United Church urging the federal government to show "compassion" and let the students stay in Canada.

"We feel their pain, we feel their struggle and we're saying they made a mistake but the punishment is too much for the crime," organizer Rev. Kay Adebogun said about Nigerian students Victoria Ordu, 21, and Ihuoma Amadi, 22, who have been hiding in a Regina church for the past fourteen months after they were found to be violating the terms of their student visas.

The students say they were unaware that their visas prevented them from working outside of the U of R campus before Amadi took a job at a local Walmart and Ordu found employment for an agency that did demonstrations at the store.

Warren McCall, NDP MLA and critic for post-secondary education, said the students are enduring a "tremendous ordeal" and called for the federal government to reverse the deportation orders.

He said the case is even more galling because the federal government plans to implement changes to the visa program that would allow international students to work off campus.

Trent Wotherspoon, NDP MLA for Regina-Rosemont, who also attended the rally, urged the government to show some "reason" in its dealings with the students.

"These two young women who have been upfront about their honest mistakes deserve better," he added.

When reached for comment, Sean Best, spokesman for the federal immigration and citizenship ministry, said the students are "still subject to removal orders" and the Canadian Border Services Agency has the right to enter any place of worship.

But, he noted these types of cases typically take a while before being resolved.

MARCO VIGLIOTTI/METRO

Highway 11

Driver dies in crash with semi

A 60-year-old man is dead after a car collided with a semi on Highway 11 Saturday morning.

Craik RCMP were called to the scene of the fatal crash near Aylesbury, Sask. just before 11:30 a.m.

The driver of the car died in the crash, while the 58-year-old semi driver was uninjured.

Traffic heading southbound was reduced to one lane Saturday afternoon as a traffic reconstructionist and the coroner were on site.

RCMP are still investigating the cause of the accident.

Aylesbury is about 60 kilometres north of Moose Jaw, Sask. METRO

Wascana Street

Man arrested for walking around with a rifle linked to two men found with apparent gunshot wounds Sunday: Police

Two men were treated for apparent gunshot wounds Sunday and police believe the shootings are linked to the arrest of man who was allegedly walking around with .22 caliber rifle earlier in the day.

At around 6:30 a.m., police were dispatched to the 700 block of Wascana Street after receiving a report about a man walking with a rifle.

Police say they apprehended suspect matching the description and located a .22 caliber rifle nearby.

Shortly after at 7:15 a.m., police were dispatched to the 500 block of Wascana Street after receiving a report about an injured man. Then at 7:45 a.m., police were dispatched to the 400 block of Pasqua after another report of an injured man.

Both men were taken to hospital and treated for what is believed to be non-life threatening injuries. METRO

Hannah Gastonguay, holding her baby, Rahab, is followed by her husband Sean and the couple's three-year-old daughter Ardith, as they disembark in the port city of San Antonio, Chile, on Friday. The Arizona family was lost at sea for weeks after an attempt to leave the U.S. over what they consider government interference in religion. LAS ULTIMAS NOTICIAS/THE ASSOCIATED PRESS

Family quits U.S., gets lost at sea

Rescued after weeks adrift. Arizona clan was headed to the Pacific island nation of Kiribati in May

Ill-conceived plan?

"They were looking for a kind of adventure. They wanted to live on a Polynesian island but they didn't have sufficient expertise to navigate adequately."

Police prefect Jose Luis Lopez, who took the family's statement in San Antonio, in an interview with Chilean newspaper Las Ultimas Noticias.

A northern Arizona family has survived being lost at sea for weeks after an ill-fated attempt to leave the U.S. over what they consider government interference in religion.

Hannah Gastonguay and her family will fly back home Sunday after taking their two small children and her father-in-law and setting sail from San Diego for the tiny Pacific island nation of Kiribati in May.

Weeks into their journey, the Gastonguays hit a series of storms that damaged their small boat, leaving them adrift for weeks, unable to make progress. They were eventually picked up by a Venezuelan fishing vessel, transferred to a Japanese cargo ship and taken to Chile.

Their flights home were arranged by U.S. Embassy officials, Gastonguay said. The U.S. State Department declined to comment on Sunday.

The months-long journey has been "pretty exciting" and a "little scary at certain points," Gastonguay told The Associated Press by telephone.

The 26-year-old mother said they wanted to go to Kiribati because "we didn't want to go anywhere big." She said they understood the island to be "one of the least developed countries in the world."

She said her family was fed up with government control in the U.S. As Christians they don't believe in "abortion, homosexuality, in the state-controlled church," she said.

Kiribati is a group of islands just off the equator about halfway between Hawaii and Australia. THE ASSOCIATED PRESS

Toronto mayor. 'I had a couple beers,' video blown out of proportion: Ford

Toronto Mayor Rob Ford said he had a couple of beers at a street festival Friday night but contended videos that have sparked a torrent of criticism are being blown out of proportion.

"I drove myself down there, I was not drinking. I went out, had a few beers and I did not drive home. My people met me after that," Ford told his weekly radio show on News-Talk 1010.

Three videos posted online Friday show the mayor apparently enjoying a night on the town and bantering with residents.

Many people took to Twitter in response to the video posting to criticize and ridicule the mayor, accusing him of being drunk and scolding his behaviour.

"Yet another public shame from our mayor," one person posted on Twitter.

But Ford says he doesn't think he did anything that would offend anyone.

"Did I have a couple beers? Absolutely I had a couple beers," Ford said.

"I had a good time, I let my hair down."

Mayor Ford's behaviour has attracted international attention since news reports surfaced this year of an alleged video that appeared to show him smoking crack cocaine. THE CANADIAN PRESS

Rob Ford poses with Jaime Castillo on Friday at Taste of the Danforth. Videos and photos online are raising questions about Ford's behaviour. COURTESY JAIME CASTILLO

Near Montreal. Pilot, 26, dies in hot air balloon accident at festival

An international hot air balloon festival took a tragic turn on Sunday when a 26-year-old pilot died southeast of Montreal.

Maxime Trepanier had been taking part in the festivities at the 30th edition of a popular festival in St-Jean-sur-Richelieu.

Marie-Claude Beauvais, a festival spokeswoman, said the accident happened in nearby Mont-Saint-Grégoire, perhaps while the hot air balloon was landing. THE CANADIAN PRESS

NSA scandal

Father set to visit Snowden in exile

The father of National Security Agency leaker Edward Snowden has secured documents to visit his son in Russia and plans to discuss how he could fight espionage charges, Lon Snowden said Sunday.

The elder Snowden isn't convinced his son would get a fair hearing in court, given politicians' "irresponsible" descriptions of his son's act. THE ASSOCIATED PRESS

Lon Snowden, father of Edward
ROSSIYA 24 VIA APTN/THE ASSOCIATED PRESS

Outrage on both sides

Israel, Palestinians apparently trade homes for prisoners

Israel approved building nearly 1,200 more settlement homes Sunday and agreed to release 26 long-held Palestinian security prisoners — highlighting an apparent settlements-for-prisoners trade-off that got both sides back to peace talks after a five-year freeze.

Yet concerns were mounting, especially among Palestinians, that the price is too steep. Sunday's announcement was Israel's third in a week on promoting Jewish settlements on war-won lands the Palestinians want for a state.

In Israel, the most vocal protests came from relatives of those killed in attacks carried out by Palestinians slated for release.

Palestinian prisoners are seen in their communities as heroes who made sacrifices for independence. Many Israelis view those involved in killings as cold-blooded terrorists. THE ASSOCIATED PRESS

Pakistan

Eight dead from toxic liquor: Police

Pakistani police say at least eight people in the port city of Karachi have died after consuming homemade liquor.

Police officer Mohammad Sarwar said Sunday that 14 people from Christian-dominated slums in the city, Pakistan's largest, were hospitalized after drinking toxic liquor late Saturday night.

He said eight died and six others are being treated.

Sarwar said police have arrested two people for allegedly selling the toxic liquor and looking for those who distilled it illegally. He said the two suspects and all the victims were Christians.

Liquor poisoning is common in Pakistan, where the Muslim majority is forbidden to consume or sell alcohol. Non-Muslims can drink, but many poor buy the cheapest homemade liquor, which is often adulterated. THE ASSOCIATED PRESS

Two young boys laid to rest after being killed by python

Mandy Trecartin, back left, and Andrew Barthe follow the casket at the funeral for their sons Noah and Connor Barthe at St. Thomas Aquinas Roman Catholic Church in Campbellton, N.B., on Saturday. The two young boys were killed by a python while they slept in an apartment above an exotic pet store earlier in the week. ANDREW VAUGHAN/THE CANADIAN PRESS

Abductor and teen stood out in wild: Rider

Suspect shot dead. Girl said to be in pyjamas, found unharmed after mother, brother killed

The four horseback riders who encountered a California teen and her abductor said Sunday that they decided to contact police because the pair seemed out of place and ill-equipped for the Idaho wilderness.

Mark John said the man, who he later identified as the wanted James Lee DiMaggio, 40, wasn't friendly and carried only a light pack. The girl, 16-year-old Hannah Anderson, was wearing pyjamas or sweatpants.

DiMaggio was killed by authorities Saturday. He is suspected of killing Anderson's mother and brother and abducting the teenager.

FBI agents are processing evidence at the campsite in central Idaho's Frank Church River of No Return Wilderness. Details about the operation that ended in Anderson's rescue are being released slowly.

The mountainous area is extremely steep, and the closest point where the helicopters could drop the FBI Hostage Rescue Team was more than a two-hour hike away. The agents crept close to the camp, waited until DiMaggio and Hannah separated, and then moved in.

The FBI won't release details about what happened until an investigation is complete.

The case began when the charred bodies of Hannah's mother, Christina Anderson, 44, and the teen's eight-year-old brother, Ethan Anderson, were found on Aug. 4 in DiMaggio's burning house outside San Diego, near the Mexico border.

DiMaggio was close to the family. Christina Anderson's husband, Brett Anderson, has described him as a best friend and said the children thought of him as an uncle. THE ASSOCIATED PRESS

James Lee DiMaggio, 40, left, was suspected of abducting family friend Hannah Anderson, 16. SAN DIEGO SHERIFF'S DEPARTMENT/THE ASSOCIATED PRESS FILE

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Environmentalists mark milestone 'war in the woods' protest

Clayoquot Sound. Civil disobedience act in 1993 impacts resource industries today, including current conflicts over pipelines

RCMP arrest an anti-logging protester for blocking logging trucks at Clayoquot Valley on July 30, 1993. THE CANADIAN PRESS FILE

It is the quiet amid the chaos just as the logging trucks and police rolled in that Tzeporah Berman remembers acutely about the "war in the woods," the fight by environmentalists 20 years ago over Clayoquot Sound that the now-seasoned campaigner says set the stage for today's battles over pipelines and other resource development issues.

Every day for almost three months during the summer of 1993, Berman and hundreds of other protesters stared down the logging trucks destined for some of Canada's most pristine old-growth forests on Vancouver Island, B.C.

Despite more than 800 arrests, including the iconic mass arrests of more than 300 people on Aug. 9, 1993, the protesters prevented the rainforest from being clear-cut, and sparked a new kind of environmental campaigning.

Environmentalists celebrated the anniversary this weekend, but the mayor of one of the communities hardest hit by the eventual decision to reverse clear-cut logging in the sound and preserve it as a UNESCO biosphere, says his community has little to cheer about.

Ucluelet Mayor Bill Irving, who worked for 20 years in forestry himself, said the suggested riches of transitioning from an economy based on forestry and fishery to one based on tourism have never really panned out.

One of the largest acts of civil disobedience in Canadian history began after the provincial government decided to allow forest products company MacMillan Bloedel — then a scion of B.C. business, but no longer in existence — to clear cut in the old-growth forest.

Environmentalists said the trees were some of the oldest and largest in Canada.

Starting in July 1993, the protest crowds grew and grew and so did the coverage, reaching around the globe as environmentalists demonstrated outside Canadian embassies and high commissions in England, Australia, Germany, Austria, the United States and Japan.

THE CANADIAN PRESS

Obama's vacation is no holiday for island residents

U.S. President Barack Obama reacts after missing a shot on the first hole at Farm Neck Golf Club in Oak Bluffs, Mass., on the island of Martha's Vineyard on Sunday. Unlike his past vacations here as president, Obama has upset some of the wealthy and well-connected residents of the island refuge with this visit because the Secret Service is banning vehicular traffic on a public road near Obama's six-bedroom rental home in Chilmark. JACQUELYN MARTIN/THE ASSOCIATED PRESS

Angola mine clearance

Prince Harry follows in mom Diana's footsteps

Prince Harry

Prince Harry is visiting Angola to see mine clearance efforts there with a charity championed by his late mother, Princess Diana.

The HALO Trust charity said Saturday that Harry will be touring minefields and meeting beneficiaries of the organization's work in the southern African nation.

HALO said Harry also will visit the densely-mined town of Cuito Cuanavale, a scene of heavy fighting during Angola's 1975-2002 civil war.

Diana highlighted the trust's work on a visit to a minefield being cleared by the organization in Angola in 1997.

THE ASSOCIATED PRESS

Man jailed in N. Korea very sick: Family

Hospitalization.
U.S. State Department has called for Kenneth Bae's release on humanitarian grounds

An American man detained in North Korea for the past nine months has been hospitalized after losing more than 50 pounds, and the need to bring him home is becoming more urgent, his sister said Sunday.

Kenneth Bae, a 45-year-old tour operator and Christian missionary, was arrested last November and accused of subversive activities against the communist government. He was sentenced in May to 15 years hard labour, and in letters to his family in the Seattle area he described working in the fields weeding and planting beans and potatoes.

His sister, Terri Chung of Edmonds, Wash., said Sunday the family recently learned that he has been transferred from the labour camp to a hospital. Her brother suffers from diabetes, an enlarged heart, liver problems and back pain, she said.

"He's considerably weaker," Chung said. "There's more urgency than ever to bring him home."

A deputy ambassador from Sweden met with Bae at the hospital Friday, Chung said. Sweden represents American interests in North Korea because the U.S. has no official diplomatic relations with the country.

For years Bae, a father of three, led small tour groups into a "special economic zone" designed to encourage commerce in the northeastern region of Roson in North Korea, Chung said.

Several years ago, Bae gave a sermon in which he advocated bringing Americans to North Korea for a mass prayer session to bring about the reunification of North and South Korea. The charges against him included "hostile acts" against the government. THE ASSOCIATED PRESS

In this undated family photo, Kenneth Bae poses with his niece Ella in Washington state. Bae, a U.S. tour operator and Christian missionary, was arrested in North Korea last November and he has been sentenced to 15 years of hard labour. COURTESY TERRY CHUNG/THE ASSOCIATED PRESS

Powerful Typhoon Utor threatens Philippines

A worker folds a billboard ad that shows the San Antonio Spurs' Tony Parker as people brace for powerful Typhoon Utor in Manila, Philippines, on Sunday. At least 47 fishermen were missing and more than 7,500 passengers stranded in piers Sunday as authorities suspended inter-island ferry services and warned people to brace for possible flash floods and landslides. AARON FAVILA/THE ASSOCIATED PRESS

Mali. Voters hope new president can bring peace

From the ancient desert town of Timbuktu to refugee camps in neighbouring countries, voters chose Sunday who should lead Mali out of the political upheaval that left the country's north in the hands of al-Qaida-linked militants for much of last year.

Mali's next president will be tasked with not only rebuilding the country's shattered economy but also resolving a simmering separatist movement in the far north. Voters heading to the polls on Sunday said they wanted a leader who could bring a lasting calm to the country following a year and a half of turmoil.

It was former prime minister Ibrahim Boubacar Keita's race to lose after winning nearly 40 per cent of the first-round vote and receiving endorsements from almost all the other candidates. He faced former finance minister Soumaila Cisse, and results are expected by Friday.

"Today everyone agrees that the man for the job is Ibrahim Boubacar Keita who can bring us security and peace because he's the one who can stand up to the Tuareg rebels who have put the country in this situation," voter Youssouf Coulibaly said. THE ASSOCIATED PRESS

Quoted

"The rain here is a blessing and a good sign."
Presidential candidate Ibrahim Boubacar Keita

Egypt. Morsi backers brace for police clashes

Supporters of ousted president Mohammed Morsi fortified their two Cairo sit-in sites as Egyptian security officials said their forces will move against the entrenched protest camps within 24 hours — perhaps as early as daybreak Monday.

At the main sit-in, vendors said they have sold hundreds of gas masks, goggles and gloves to protesters readying for police tear gas. Three waist-high barriers of concrete and wood have been built against armoured vehicles.

Egypt, where more than 250 people have been killed in clashes since Morsi was toppled July 3, braced for more violence as the four-day Muslim Eid celebrations wrapped up Sunday to end the holy month of Ramadan. THE ASSOCIATED PRESS

A newly wed couple stand before supporters of Egypt's ousted president Mohammed Morsi in Cairo on Sunday. MANU BRABO/THE ASSOCIATED PRESS

Arrest made

French serviceman accused of plot to shoot up mosque

The French Interior Ministry says a military serviceman who was planning an attack on a mosque has been arrested.

In a statement Sunday, the ministry said a 23-year-old man, who was stationed at an air base near the city of Lyon, was "close to ideas of the extreme, radical right."

The statement said the man was planning to fire on a mosque in the area. It did not say when he was taken into custody.

Militant extreme-right groups have become more visible recently in France, and the government has stepped up its efforts to track and disband them. THE ASSOCIATED PRESS

Norway

Hail to the chief: Taxi riders driven by PM turned cabbie

Norwegian Prime Minister Jens Stoltenberg dressed up as a taxi driver and took passengers around Oslo in an unusual election campaign stunt.

A video that his Labor Party posted on social media Sunday shows the candid-camera-like moments when the passengers realize the man behind the wheel is Stoltenberg.

The prime minister says the point was to find out "what people really think."

Labor Party spokeswoman Pia Gulbrandsen said most of the passengers hailed Stoltenberg's cab while others "were told that they would be picked up" but not by whom.

Norway's parliamentary election is set for Sept. 9. THE ASSOCIATED PRESS

Civil war remembered

Former wife holds ex-Liberian ruler Taylor up as martyr

The ex-wife of former Liberian president Charles Taylor said the convicted war criminal made "the ultimate sacrifice" by exiting the country 10 years ago Sunday, an event that effectively ended a brutal 14-year civil war that claimed 250,000 lives.

Jewel Taylor, now a powerful senator, said the war may have been a "necessary" chapter in Liberia's history. THE ASSOCIATED PRESS

Real estate. New data muddies predictions for housing market

Canada's much-watched housing market is sending out mixed signals these days — even for analysts.

A spate of fresh data and yet one more market-cooling tweak from Ottawa last week has put one of the most important sectors in the Canadian economy, and the most important asset-source for most Canadians, on a kind of death watch.

That's because while some of the data, such as home prices and starts, is pointing to the soothing "soft landing" that homeowners, economists, banks and politicians are fingers-crossed hoping for, others, like land purchases and building permits suggest the real message is: the crash is coming.

Last week, Statistics Canada reported that building permits in the residential sector fell 12.9 per cent in June, and permits for multi-unit dwellings — mostly condos — sank even further by 18.8 per cent.

Even more frightening, research conducted by RealNet Canada found that in some of the bigger markets — Toronto, Vancouver and Calgary — residential land investments for future home building has already crashed through the floor, plunging 51, 52 and 30 per cent respectively.

Muddying the picture is that a new temperature reading of the housing market from the Canadian Real Estate Association to be released on Thursday is likely to show that home sales are doing just dandy and likely rose significantly in July, along with average home prices. THE CANADIAN PRESS

Building permits

12.9%

Last week, Statistics Canada reported that building permits in the residential sector fell 12.9 per cent in June, and permits for multi-unit dwellings — mostly condos — sank even further by 18.8 per cent.

Is the Canadian housing market in for a hard or soft landing? Confusingly, new figures point to both possibilities. THE CANADIAN PRESS FILE

Privacy. Retailers creating 'return profiles' on buyers

It's not just the U.S. government that might be keeping tabs on you. Many retailers are tracking people, too — or at least their merchandise returns.

The companies say it's all in the name of security and fighting fraud. They want to be able to identify chronic returners or thieves trying to make off with high-end products that are returned later for store credit.

Consumer advocates are raising transparency issues about the practice of having companies collect information on consumers and create "return profiles" of customers at big-name stores such as Best Buy, J.C. Penney, Victoria's Secret, Home Depot and Nike.

The practice led to a privacy lawsuit against Best Buy that eventually was tossed out.

Each year, consumers return about $264 billion US worth of merchandise, or almost nine per cent of total sales, according to industry estimates.

Many buyers aren't aware that some returns, with and without receipts, are being monitored at stores that outsource that information to a third-party company, which creates a "return profile" that catalogues and analyzes the customer's returns at the store. THE ASSOCIATED PRESS

Surprise!

"I had absolutely no idea they were doing that. I honestly think it's an invasion of privacy."

Mari Torres, a shopper at the Pentagon City Mall in Arlington, Va.

It lifts and separates — and then lights up

Flash your assets. California clothing-maker predicts that illuminated apparel, like this LED bra, will soon be the norm

KATHRYN GILBERT
Metro World News

After five-and-a-half years working in electronics for the U.S. Navy, Nick Kneuper went to a music festival and saw a piece of technology that caught his eye. And lo and behold, Electric Styles was born: an apparel brand that brightens your wares with electroluminescent wiring. The two-year-old Californian company lights up a variety of clothes, from bras to hoodies. Metro chatted to the ex-military man about his LED push-up bra, a $60-to-$70 US number powered by two AA batteries.

Why light up a bra?
Well, my girlfriend wore one to a club and the girls there went crazy over it.

Do you have any celebrity fans?
One of the top 20 most recognizable actresses in America is going to wear one of our bras in a 2014 feature film. But our clothes have been everywhere — (Brazilian actor) Rodrigo Santoro was wearing a light-up hoodie on MTV.

Which celebrity would you love to wear your bras?
All of them! But especially Megan Fox — I think she would love them.

Do you think one day people will wear light-up bras to the shops?
I think so. Culture is moving in the direction where light-up clothing is going to be every day. Also you can wear them under T-shirts so they shine through. Anyway, in a couple of years light-up clothing will be the norm.

Would you make matching underwear?
Every girl asks for that. It's difficult though because it's too flimsy — there's nowhere to put the battery pack.

A model flaunts an LED light-up bra made by California company Electric Styles. COURTESY ELECTRICSTYLES.COM

New Orleans

Invasive tiger shrimp pose threat to native species and tasteful decor

Stuffed shrimp are decor rather than dinner for some of the folks who have caught the really big sort — invasive Asian tiger shrimp — in the Gulf of Mexico or along the East Coast.

Sometimes the shrimp become both food and a wall display. Joe Strange of Joe's Taxidermy in Houma, La., said he mounted three last year, dining on the meat he removed from the two smallest, about 18 and 25 centimetres long. "They were better tasting than our shrimp. I would trade them off for our shrimp anytime."

Scientists and others are worried that might happen, with possible devastating effects on native shrimp and the Gulf of Mexico's ecosystem. The invaders could gobble up the tiger's share of native shrimps' diet, not to mention crabs, snails, oysters and other bivalves, as well as the local shrimp themselves. In turn, that could affect the larger animals that eat those critters. THE ASSOCIATED PRESS

Outer space

Satellite maker puts work of art into orbit

If aliens ever target Earth, Jon Gibson and Amanda White are counting on them having a sense of humour and an appreciation for pop art.

The duo has created an elaborate, Andy Warhol-like design that has been etched onto the panel of a satellite, transforming the spacecraft into a replica of an oversized electrical charging device.

Craig Clark, who runs the Scotland-based company preparing to launch the satellite on Oct. 29, said that of the 1,000 or so functioning satellites that race around Earth every day, there isn't one he knows of that also doubles as art. THE ASSOCIATED PRESS

Interplanetary relations

"Maybe this will make (aliens) stop for a moment and say, 'These guys are nice. We're not going to destroy their planet.'"

Artist Jon Gibson

SINGING HIGH PRAISE FOR BUDGET

URBAN COMPASS

Paul Sullivan
regina@metronews.ca

It's kind of a love song from the finance minister, if you can imagine such a thing.

Ken Krawetz's first-quarter report on the province's economy would sound better sung by the Canadian Tenors, it's so good.

It starts on a high note — we're still on track for a balanced budget in 2013-14 — then soars to new highs: An $11.8-million increase in revenue to an overall annual take of $11.6 billion.

Oil revenue is the main melody, a projected $92-million increase over last year, and that has the effect of banishing most of the wrong notes that inevitably mar fiscal performance.

This year it's a drop in potash revenue brought on by a threat from a Russian potash company to undercut the market, a threat that's muted, according to Krawetz, by the fact that Saskatchewan sits on more than 50 per cent of the world's potash, so buyers will have to come to us, Russian shenanigans aside.

The sign-along part of this tune is that the economy is so diverse, it is able to take a hit: Potash revenue slides but oil revenue soars. And the traditional strength of the province, agriculture, seems to have recovered from indifferent spring and summer weather. Touch wood.

Add the fact that there's $682 million sitting in the Growth and Financial Security Fund, and we wouldn't be surprised if the entire Legislature broke out into a chorus of What a Wonderful World.

That's not going to happen, but the Opposition New Democrats are having a hard time coming up with anything to criticize. Finance critic Trent Wotherspoon has been reduced to complaining about the quality of the financial reporting — always a sure-fire attention grabber (not). He also brought up a concern about overall provincial debt, which is normally a tactic employed by right-wing oppositions, not the keepers of the flame of Canadian socialism.

Putting aside for the moment that Wotherspoon is the finance critic and therefore sings from a fiduciary song sheet, it's a little surprising that the NDP hasn't started more forcefully demanding increased spending on health care and education — or ensuring that Regina has modern sewage treatment, instead of socking available cash away in some rainy-day fund.

Right-of-centre political parties will always or almost always win the economic stewardship argument, and at a time when the economy is stable and growing, it's a good time for the New Democrats to talk about spending priorities and improving the quality of life for all citizens, especially working families, the poor, disadvantaged, the elderly and those in ill health.

These are the NDP's natural constituents and you have to wonder just how much they've been waiting for the message that the government needs to release summary financial statements along with its quarterly budget updates.

Now that'll get 'em tapping their toes.

WE WANT TO HEAR FROM YOU: Send us your comments: reginaletters@metronews.ca

Ajoy Pinto CONTRIBUTED

A great loss for our Metro family

Ajoy Pinto was a beloved member of the Metro family for seven years.

Thousands of readers met him through his work in the marketing and promotions department. Ajoy personally contacted Club Metro contest winners from coast-to-coast and regularly attended Metro events.

We're grateful to have known such a passionate, gentle, funny and talented man.

His sense of humour and kindness will always be remembered.

Ajoy Leon Pinto
Born: April 22, 1977
Passed away: Aug. 9, 2013
Beloved son of Tony and Alphonsa.
Brother of Arjun and Lisa.
Marketing dude. Visual artist. Photog. Sports junkie. Early adopter. Foodie. Movie buff. Baseball fan.
In lieu of flowers, donations can be made to the Gerry & Nancy Pencer Brain Trust.
Visitation and funeral will be at a Toronto location this week.
"If the World were perfect, it wouldn't be."
– Yogi Berra

ZOOM

How do you pick where to picnic?

PETER KLAUNZER/KEYSTONE/THE ASSOCIATED PRESS

This piece is a little bit patchy

People picnic on a huge picnic blanket Sunday on the Ruggisberg near Roggwil, Switzerland. The picnic blanket is an art installation called Bignick by the artistic twin brothers Frank and Patrik Riklin.

GETTY IMAGES

Embedded in society

"It should be placed in the middle of society, not in the museum! The best pieces of art are not recognized as such."

Frank Riklin said on his website.
The duo began creating interventions in public spaces 10 years ago while they were both studying at art schools separately in Zurich and Berlin.

Playing jokes like when they were kids

Their projects often engage with people who become actors in a performance. Sometimes their works have social implications that are partly a gag, and part philanthropy.

One project is a shabby phone that the twins installed on the side of the town hall building in Chur, Switzerland, that functions to raise money for deaf people. A potential donor calls a number and establishes how much he or she would like to donate to the project. At that point the telephone set up in Chur rings, and any passerby who answers the call saves the donation from dropping. METRO

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Find out why Robin Thicke and Icona Pop think their multiplatinum hits should be named "song of the summer." And for Miley Cyrus, Daft Punk and Bruno Mars, who weren't available to chat, here are some lyrics from their anthems to defend their honour.

THE ASSOCIATED PRESS

5 song of summer contenders

You know you want it

Blurred Lines: Robin Thicke, featuring T.I. and Pharrell
"It has a (nice) tempo, it has a sense of humour and it feels like live music instead of that synth and digital sound, which Daft Punk has (with Get Lucky) and (Bruno Mars') Treasure has," Thicke said of his infectious, naughty jam, the longest-running song on the Billboard Hot 100 chart this year at eight weeks (and counting).

Call it luck

Get Lucky: Daft Punk, featuring Pharrell
"We've come too far to give up who we are, so let's raise the bar and our cups to the stars," Pharrell sings on a disco-flavoured beat that heals the soul. "The present has no ribbon, your gift keeps on giving, what is this I'm feeling, if you wanna leave I'm with it."
Sounds like a plan!

A 2012 song dominates in 2013

I Love It: Icona Pop, featuring Charli XCX
"People get wild when they hear it and it's like liberating and everybody can sing along to it. It's a party song or it's at least a song you can party to even though the message is coming out from a really hard heartbreak," said Caroline Hjelt of the Swedish duo. "If you're in the car on your way to something or festivals or pre-parties or out at the club, it works in so many ways."

Can't stop, won't stop

We Can't Stop: Miley Cyrus
"It's our party we can do what we want to, it's our house we can love who we want to, it's our song we can sing if we want to, it's my mouth I can say what I want to," Cyrus sings on her musical coming-out anthem that was originally meant for Rihanna. She's ready for the spotlight.

Golden hit from pop's golden boy

Treasure: Bruno Mars
"Pretty girl, pretty girl, pretty girl, you should be smiling; a girl like you should never look so blue," Mars sings in a matter-of-fact manner over a welcoming beat on his 11th top 10 hit. "You're everything I see in my dreams, I wouldn't say that to you if it wasn't true."
How sweet.

Bryan Cranston the next Lex Luthor?

Breaking Bad again. Actor's bald look from his career-defining TV role makes him a top pick for the villain in Superman flick

NED EHRBAR
Metro World News in Hollywood

Casting rumours for the Man of Steel sequel have ramped up online, with speculation swirling about who will play Batman and main Superman villain Lex Luthor. Given his career-defining run as the good man gone bad — with a shaved head — on Breaking Bad, it's no surprise that Bryan Cranston is the name popping up. So how does Cranston feel about it?

"Give me a call," he says with a grin. And to hear Cranston tell it, he's already given some thought as to getting into Luthor's psyche. "I like Lex Luthor. I think he's misunderstood. He's a loveable, sweet man," Cranston says.

Should he sign up for yet another iconic hairless villain though — the film is set for release in the summer of 2015 and would likely shoot next year — at least one person might not be so thrilled: his wife. "She wasn't so keen on the bald head," Cranston admits. "The bald head ages a man. It's just that she didn't know me that way, and the last six years it's all of a sudden like sleeping with a stranger — who was less exciting than her own husband."

Bryan Cranston has already given some thought to playing Lex Luthor.
CONTRIBUTED

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Angelina Jolie ALL IMAGES GETTY

Bubble bubble toil and trouble: Jolie's such a witch

Angelina Jolie admits that on the set of Maleficent, she had the tendency to terrify children while in costume as the Sleeping Beauty baddie. "These little kids would visit the set and I would think, 'Oh, I am a Disney character,' so I would go over to them and say, 'Hi there!' They would just scream," she said while introducing footage from the film at Disney's D23 Expo over the weekend. "One little kid even said, 'Mommy, please make the mean witch stop talking to me.'" There was one little kid who wasn't fazed by Jolie's appearance: her daughter, who also has a part in the film. "Vivienne was the only four-year-old who didn't scream when she saw me," Jolie said.

Oprah Winfrey

Admirable Oprah stays classy in the face of blatant discrimination in Zurich

Even Oprah Winfrey isn't safe from discrimination, as she learned while shopping for a handbag in Zurich recently. Winfrey tells Entertainment Tonight that when she asked a clerk at the chic Trois Pommes boutique to see a $35,000 Tom Ford bag, the clerk refused. "She says to me, 'No. It's too expensive,'" Winfrey remembers. "'That one will cost too much and you will not be able to afford that.'" Winfrey, who earned an estimated $77 million in the last year, decided not to make a scene. "I could have had the big blowup thing and thrown down the (American Express) black card and all that stuff, but why do that?" she says. A spokeswoman for the boutique calls the episode "an absolute misunderstanding," saying the problem was the clerk did not recognize Winfrey.

The Word

Oh baby, it's been quite a week with the Kardashians

Just in case you needed to know what is up with America's favourite Armenian family, it looks like Kourtney Kardashian has some explaining to do. On Thursday, Michael Girgenti, a professional model, filed a paternity suit in Los Angeles County Superior Court, saying that he had a one-night stand with Kardashian. Which wouldn't be all that noteworthy, except he is saying her son Mason is actually his and not Scott Disick's. The model is now seeking joint custody of Mason. Kardashian's lawyer, Shawn Holley, said in a statement that Girgenti's accusations are "false and defamatory."

Meanwhile, sis Kim Kardashian is still refusing to sell pictures of baby North West. TMZ is reporting that she and baby daddy Kanye West have been offered upwards of $3 million for pictures of the tot, but they have declined all offers. Per the website, Kim and Kanye are either going to release them to an upscale publication (Vanity Fair is reportedly being thrown around) or they are going to put them up on social media, a la Blue Ivy.

Chris Brown

Brown suffers seizure but avoids hospital visit

Chris Brown reportedly suffered a seizure at a Los Angeles recording studio Friday, according to E! News. "Chris Brown suffered a non-epileptic seizure," his rep says. "He was not hospitalized. His doctor tended to him and attributes the (seizure) to intense fatigue and extreme emotional stress, both due to the continued onslaught of unfounded legal matters and the non-stop negativity." An ambulance responded to a 911 call directing them to the Record Plant recording studio, but once they arrived Brown reportedly refused to be taken to the hospital.

Vince Vaughn

Vince Vaughn celebrates birth of second child

Vince Vaughn is a dad once again. The Wedding Crashers star and his wife, Kyla Weber, welcomed their second child, a boy, last week, according to Us Weekly. The baby boy, named Vernon Lindsay Vaughn, joins two-year-old big sister Locklyn Kyla Vaughn. Vernon arrived weighing in at eight pounds, four ounces at a hospital outside of L.A.

Twitter

@bobsaget
I don't like to drink alone 'cause there's nobody to fight with.

@billmaher
I'm leaving for a real vaca. To an island. If u dont hear from me in a week im off the grid! 2 wks call for help, Putin's got me!

@SarahKSilverman
I'm hiding. Hint: I'm in a ball in my bed!

Fun chores

Matching up missing socks

Our clothes dryer seems to be a Bermuda Triangle for socks and I'm sure yours is the same. They go in as a pair, but come out individually on different occasions.

When a sock comes out on its own, I throw it into a container.

Each time I do laundry and a new batch of one-sided socks come out, I make it into a fun matching game for the kids.

I have them go through all the new socks and the socks in the container to see if there are any matches. The kids have fun searching for matches and it always results in a few happy sock reunions!

GWEN LERON/YUMMYMUMMYCLUB.CA

Safety tips

Taking your children into crowds

If you are going into a crowded venue with young children, here are three easy safety steps you can always employ to ensure their safety — and your sanity.

1. Put your business card in the child's pocket.

2. With a marker, write your cellphone number on the back of the child's hand.

3. Take a photo of each child with your phone. Should you become separated from a child, it will be easier for you to be reconnected.

EVELYN HANNON/ YUMMYMUMMYCLUB.CA

Exclusively Online

Read comedic (mis)adventures of parenthood online, with a glass in hand, with Reasons Mommy Drinks at metronews.ca/voices

Life according to kids

Lessons. We could learn a lot from our children — like friendliness, curiosity and simply saying hello

TANYA ENBERG
yummymummyclub.ca

With a baby comes the old neighbourhood lady in the faded floral frock.

Sitting on our front porch bench is the only cue this woman needs to climb our stoop and, using a squeaky, high-pitched voice, repeatedly tell our child she loves him.

She also calls out an onslaught of orders (she wants him to shake her hand, wave, smile and clap). That he's not a circus monkey willing to perform tricks on demand only makes her press harder. "Shake my hand! Here! Here! Shake my hand!" she says over and over.

We don't know this woman. In fact, she barely acknowledges us, which makes this all more than just a little strange.

We suspect she's lonely, that this small interaction makes her day, so we're patient.

Adults, take notes from kids and smile at people you pass by instead of avoiding eye contact at all costs. ISTOCK

Of course this overzealous, baby-induced behaviour is not exclusive to her. Nothing turns presumably sane folks into big piles of goo-goo-ga-ga mush quite like fresh-faced, apple-cheeked babies.

Indeed they can inspire even the grouchiest of adults to start babbling nonsensically like oversized infants.

It's understandable — getting treated to a little squish's gummy grin is like being hugged inside and out.

It is somewhat addictive, really. We find them irresistible because they are refreshingly open to the world and fascinated by the people in it.

For instance, our son doesn't turn steely-faced when someone looks his direction. He doesn't try to avoid eye contact by sticking his nose in a giant picture book.

Like his very huggable peers, he's not cynical or greedy and he doesn't know how to lie. He is naturally warm and kind, and has boundless amounts of unbridled curiosity.

Parents, don't you just wish you could bottle this innocence, wonderment and untarnished state of being and hold onto it forever?

If only we could keep just some of that spirit alive.

The number of passersby willing to wave, giggle, coo and play peek-a-boo with unfamiliar children is astonishing, but the rate at which they close down the instant they see another grownup is depressing.

For a moment, like the creaky lady who lives up the street, they've made a connection. Then, just as quickly, they've hardened up, put on a coating of thick, impermeable skin, and set off again.

Certainly I am not suggesting we go around greeting everyone like overexcited puppies, but basic civility wouldn't be too much to ask for, would it?

We could simply acknowledge one another. Smile. Say hello.

We could learn a lot from these tiny, happy creatures that so easily draw us out of our protective shells.

After all, we were once just like them, smiling, laughing and loving fully. Living vivaciously and unselfconsciously and inquisitively.

And, finally, we were appreciative of the simple things in life, and that truly is no small thing.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

He's got those home from camp blues

How can parents help transition kids from exciting camp life back to the reality of home?

A welcome home party

When my son went to camp for the first time, he was greeted with "Welcome Home" signs, giddy siblings, neighbours, cousins and friends. We had his favourite meal ready for him and the kids had an evening in the pool. Coming home felt pretty darn good.

Plan activities

Don't let them come home and wallow in boredom. Remind them that being home is fun too and plan some fun family outings.

Support new interests

Maybe they learned a bit of guitar, enjoyed being in the camp play or discovered they had a flare for arts and crafts. Joc Palm, Director of Glen Bernard Camp suggests encouraging them to continue with these interests with local classes. Supporting their new camp interest at home is a positive step in helping with the transition home. Palm also suggests that campers contribute to a school or community project that embodies their camp's values. Camp has fostered an incredible appreciation of nature for my girls. As a result, they have been involved in projects and protests that make both them and their camp proud.

Pen pals

When my son comes home from Camp Ponacka, he is holding on tight to his "Rag Bag" — a journal given to all of the boys including email and snail mail addresses. Camp Director Anne Morawetz says encouraging the boys to keep in touch makes being away from their summer buddies a little less painful.

Social media

If your kids are on social media, they can stay connected with camp through Facebook and other channels. It is a great way for a child to keep that connected feeling to camp.

JULIE COLE/YUMMYMUMMYCLUB.CA

What's black and white and yummy all over? This dish

This Soy Maple Sesame Crusted Chicken dish serves four. COURTESY ROSE REISMAN

ROSE REISMAN
rosereisman.com

This is a simple and delicious trendy Asian chicken dish that goes well over soba noodles.

The sesame seed coating gives a crunchy texture to this meal. If you can find the black and white mixed sesame seeds, the appearance is enhanced.

1. Preheat the oven to 375 F (190 C). Line a baking sheet with foil sprayed with vegetable spray.

2. Combine egg and milk, dip chicken breast in wash, then in sesame seeds, and salt and pepper. Place on baking sheet and bake 15 minutes or until the temperature reaches 160 F (71 C). Let cool for 5 minutes.

3. Boil soba noodles until just tender (about 5 minutes). Drain and place on serving dish. Place chicken overtop.

Ingredients

- 1 egg
- 2 tbsp 2% milk
- 1 lb (500 g) boneless chicken breast
- 1/2 cup (125 ml) toasted sesame seeds
- pinch of salt and pepper

Soy maple glaze

- 1/4 cup (60 ml) soy sauce
- 1/4 cup (60 ml) maple syrup
- 2 tsp (10 ml) cornstarch

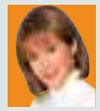
- 4 oz (125 g) soba noodles
- 2 tbsp (30 ml) chopped cilantro for garnish

4. To make the soy maple glaze: Place soy sauce, maple syrup and cornstarch in a small saucepan and whisk until the cornstarch is dissolved. Bring to a boil and simmer for 2 minutes just until slightly thickened.

5. Drizzle glaze over chicken and garnish with cilantro.

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Brunch is the quintessential weekend meal, but some staples are loaded with calories, fat and sodium.

Omelette, 4 sausages, hash browns, 2 biscuits, whipped butter

2,200 calories /140 g fat / 5,700 mg sodium

It has more than a day's calories, two days of fat and four days of sodium!

Equivalent

A plate of omelette, four sausages, hash browns, two biscuits and whipped butter is equivalent in sodium to four 235-gram bags of Ruffles Regular potato chips.

Omelette (ham-cheese) veggies, fruit, English muffin and bacon

900 calories / 61 g fat / 1,800 mg sodium

This choice is filling and more nutritious. Enjoy it on a weekend only.

Honey Garlic Beef Stir-Fry

1. Sauce: Combine first 6 ingredients in a bowl. Reserve. In a separate bowl combine beef with 1/4 cup (50 ml) reserved sauce.

2. Combine cornstarch and water. Reserve.

3. Heat large non-stick skillet over medium-high heat. Add oil. When pan is hot, add beef.

4. Cook the meat until outside of beef is cooked, about 2 minutes. Add frozen vegetables and sauce. Bring sauce to a boil, cook, stirring constantly for 2-3 minutes until vegetables and beef are cooked through. Add cornstarch mixture. Cook, stirring constantly until thickened, about 1 minute.

NEWS CANADA/ BEEMAID.COM

Ingredients

- 1/2 cup (125 ml) BeeMaid Honey
- 1/4 cup (50 ml) teriyaki sauce
- 3 cloves garlic, minced
- 2 tbsp (30 ml) oyster sauce
- 1 tsp (5 ml) sesame oil
- 1/4 tsp (1 ml) hot sauce or red pepper flakes
- 1 lb (500 g) thinly sliced beef strips
- 1 tbsp (15 ml) corn starch
- 2 tbsp (30 ml) water
- 2 tbsp (30 ml) vegetable oil
- 1 pkg (600 g) Europe's Best Zen Garden Frozen Vegetables

Asian Noodle and Vegetable Salad makes greens exciting

This recipe serves six to eight people. CONTRIBUTED

1. Peel garlic and peel and grate gingerroot. In a blender, purée garlic, ginger, peanut butter, milk, soy sauce and hot pepper sauce until smooth. With motor running, drizzle vinegar through hole in lid until blended; let stand for 10 minutes.

2. In bowl, cover rice noodles with boiling water; let soak, stirring occasionally for 2 to 3 minutes or until softened, according to package instructions. Drain and rinse under cold water. Return to bowl.

3. Pour dressing over noodles and add carrots, red pepper, cucumber and basil; toss gently to coat. Line serving plates with greens and top with noodle salad. Drizzle with dressing left in bowl and garnish with peanuts.

DAIRY FARMERS OF CANADA (FAMILYKITCHEN.CA)

Ingredients

- 1 small clove garlic
- 1 inch (2.5 cm) peeled and grated fresh gingerroot
- 2/3 cup (160 ml) peanut butter
- 1 cup (250 ml) milk
- 3 tbsp (45 ml) soy sauce
- 1/4 tsp (1 ml) hot pepper sauce
- 1/3 cup (80 ml) rice vinegar or cider vinegar
- 8 oz (250 g) thin rice noodles
- Boiling water
- 2 carrots, cut into matchsticks
- 1 red bell pepper, halved and cut into thin strips
- 1/2 English cucumber, thinly sliced
- 2 tbsp (30 ml) chopped fresh basil or fresh mint, or both
- Torn salad greens
- Chopped peanuts

Sisters are doin' it for themselves

Moving on up. It's still a struggle for women to win in the working world, but they're fighting a bold battle

ASHLEY MILNE-TYTE
TalentEgg.ca

Maintaining a strong online presence is imperative in any entrepreneurial undertaking. ISTOCK

Female entrepreneurship has always lagged behind men's — for decades, women couldn't even open a bank account without a husband or male relative co-signing — but women are making up for lost time. Between 1997 and 2013 the number of women-owned businesses leapt by 59 per cent. Today, according to American Express Open's annual report on female entrepreneurs, there are 8.6 million women-owned businesses in the U.S. Almost a third of firms are owned by women. And female entrepreneurship is undergoing a demographic shift: back in 1997, 17 per cent of firms were owned by women of colour. Today, that number is 31 per cent.

Julie Weeks of Womenable, a consultancy, says all this reflects women's growing educational accomplishments, experience in the workplace, and confidence. Still, entrepreneurship is far from an easy road.

"Only one in 10 or so adults in the U.S. owns their own business," she says. "It is a daunting thing to do. If you don't work, you don't get a paycheque. You have to have a certain iron gut to take that step and do it."

Although plenty of women have that iron gut, women-owned businesses bring in just four per cent of business revenues. In short, most women-owned firms stay small. Very small. Weeks spends a lot of time talking about how female-owned businesses can grow, employ others and help the economy. But she recognizes that many women want to be "solopreneurs" — to build their work around their schedules and to serve clients on their own terms.

ASHLEY MILNE-TYTE IS A RADIO PRODUCER AND JOURNALIST WHOSE PODCAST – THE BROAD EXPERIENCE – TAKES A LOOK AT WOMEN IN THE WORKPLACE

Minding your own business

When going out on your own for the first time, a few rules apply:

- Be prepared to work hard — probably harder than you ever did in an organization. You are now responsible for landing all your own work. Many entrepreneurs need to be in perennial marketing mode to get that next gig.
- Make sure your online presence is up to scratch — that means having an attractive website that accurately describes what you do, and using social media on a regular basis. Depending on what you do, you may also want to start a blog. Have an opinion. You need to stand out amongst many competitors.
- Stay on top of your finances. You no longer have a regular paycheque, and to bring in money you'll need to spend some money. If being your own accountant terrifies you, don't let it. There's tons of software out there that can help.

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Rafael Nadal celebrates his victory over Canadian Milos Raonic during the Rogers Cup final on Sunday in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

Nadal extends Canadian drought

Rogers Cup. Spaniard beats Ontario's Raonic, who is now ranked 10th in the world

Milos Raonic called it a learning experience.

It certainly wasn't the victory party the Uniprix Stadium crowd was hoping for as Rafael Nadal took only one hour eight minutes to down Canada's top tennis player 6-2, 6-2 in the $3.49-million US Rogers Cup final on Sunday.

But it had taken 55 years for a Canadian just to get to the final of the country's biggest tournament, so Raonic had much to celebrate despite the defeat.

For one, by reaching the final he will be ranked 10th in the world when the next rankings appear Monday morning, making him the first Canadian to crack the top 10. He will be the youngest player in the top 10 as well.

"The tournament overall was a great thing," the 22-year-old from Thornhill, Ont., said. "There were a lot of situations that I'm very happy with the way I dealt with them, and there were a lot of learning experiences through it all.

Women's draw

Serena Williams breezed to her third Rogers Cup title with a 6-2, 6-0 victory over unseeded Romanian Sorana Cirstea in Sunday's final.

- Williams's path was cleared by the absence of Maria Sharapova, Victoria Azarenka and Marion Bartoli, all due to injury.

"A lot of stepping stones that I need to do in my career happened this week, so that's great. The match, obviously I'm a little disappointed with myself. I would have hoped to deal with that situation a little bit better."

The last Canadian to reach the final of what was then called the Canadian Open, the now 81-year-old Robert Bedard of Sherbrooke, Que., was among the more than 11,000 at centre court to see the power-serving Raonic meticulously taken apart by Nadal's service returns and brilliant baseline play.

THE CANADIAN PRESS

Sask. native travelled a long road to MLB debut

Twins pitcher Andrew Albers
THE ASSOCIATED PRESS

Last Tuesday, Andrew Albers pitched 8 1/3 innings of shutout ball for the Minnesota Twins in one of the best major-league debuts by a Canadian in history.

But it wasn't too long ago that he thought about giving up on baseball completely.

Selected by the San Diego Padres in the 10th round of the 2008 amateur draft, the North Battleford, Sask., native was less than a year into his professional baseball career when his elbow betrayed him.

Albers underwent Tommy John surgery in the spring of 2009, and his rehab was long and painful.

"Coming back from that was tough," he said. "At one point, to be honest, I didn't even care if I couldn't play baseball again. I was about four months (into rehab) and I couldn't get the range of motion down with my arm. I was really struggling with that.

"I just wanted to be able to move my arm again. I didn't care about baseball."

But Albers stuck to it, undergoing a second surgery to remove scar tissue from his elbow and beginning the rehab process once more.

Albers makes his next start — and his debut in Minneapolis — on Monday against the Cleveland Indians.

THE CANADIAN PRESS

In pictures

1 Big win, big cup. Duf man downs the field

Jason Dufner won his first major title with a two-stroke victory over Jim Furyk at the PGA Championship.

Dufner shot a 2-under 68 on Sunday to finish at 10-under 270.

THE ASSOCIATED PRESS

2 Dropping the ball. A's blast Jays' bullpen

The Toronto Blue Jays were done in by a faltering bullpen in a 6-4 loss to the Oakland Athletics on Sunday.

After a respectable outing from starter R.A. Dickey, an eighth-inning implosion by veteran reliever Darren Oliver was enough to cost the Blue Jays a win on Canada Baseball Day. THE CANADIAN PRESS

3 He goes fast. Bolt back on top of the world

Usain Bolt restored order to the world of sprinting by reclaiming the 100-metre world championship gold he lost through a false start in South Korea two years ago. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
It can, of course, be fun taking life a day at a time but the more you look ahead and visualize where you are going the more likely it is your dreams will come true

♉ Taurus
April 21 - May 21
Make an effort to co-operate with people today, even though some of the idiots – sorry, associates – you have to deal with are annoying in the extreme.

♊ Gemini
May 22 - June 21
Keep your senses on full alert today and you could see or hear something that benefits you in surprising ways. It does not matter what the source happens to be, just make sure you are the first to react – and act.

♋ Cancer
June 22 - July 23
Greet the week with a song in your heart and a smile on your face and don't let anyone upset you in any way.

♌ Leo
July 24 - Aug. 23
Don't keep your ideas to yourself – make sure everyone knows what is buzzing around that big brain of yours. Someone in a position of power may like one of your ideas to such an extent that he backs it with money.

♍ Virgo
Aug. 24 - Sept. 23
You will enjoy being put to the test over the next seven days. It gives you the chance to show what you can do – and you can do plenty. If ever there was a time to impress important people, that time is now.

♎ Libra
Sept. 24 - Oct. 23
You may be wondering if you are smart enough to compete with people who are more experienced than you. You won't know until you try but the planets indicate you'll do okay.

♏ Scorpio
Oct. 24 - Nov. 22
Even if you are stuck behind a desk or in some other way forced to stay in one place you can imagine where you would like to be – and will be before long if you have anything to do with it. Never stop dreaming.

♐ Sagittarius
Nov. 23 - Dec. 21
Get-rich-quick schemes are rarely a good idea, so maybe you should think twice, if not three times, before signing up to something you cannot know for sure will be a success.

♑ Capricorn
Dec. 22 - Jan. 20
All may seem well with your world at the moment but don't lose sight of the fact that you have an important issue to take care of before the week ahead is done.

♒ Aquarius
Jan. 21 - Feb. 19
When dealing with people, one-to-one or in groups, focus on what you have in common rather than what divides you.

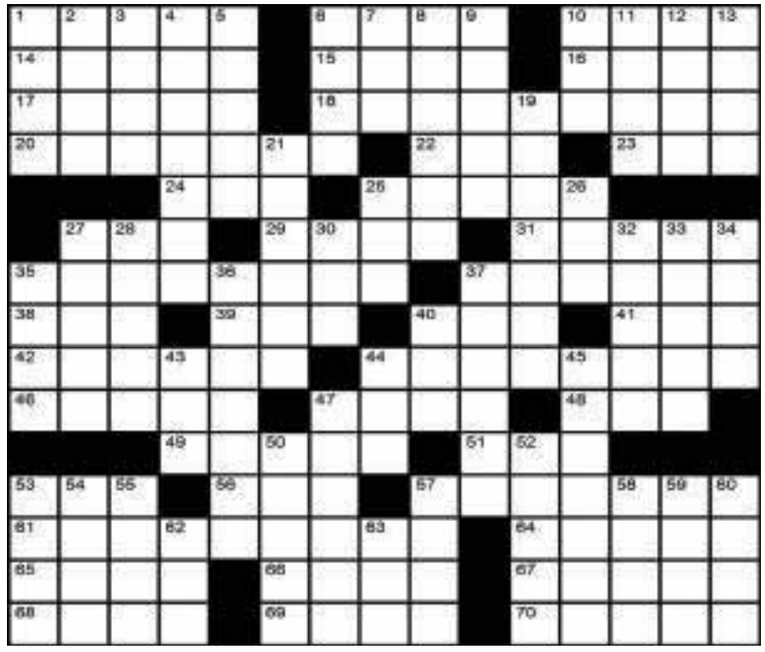
♓ Pisces
Feb. 20 - March 20
You will find it easy to express your affection for, well, just about everyone today. It's because you can see a bit of good in each and every individual. The world would be a better place if there were more people like you in it.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

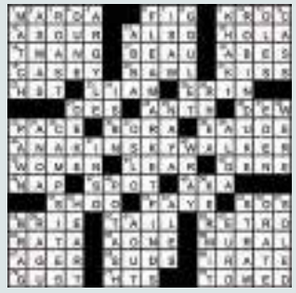
BY KELLY ANN BUCHANAN



Across
1. __ Bay, NS
6. Butterfingers reaction!
10. Vocalist variety
14. Input username/password info: 2 wds.
15. Uncommon
16. Riviere-du-__, QC
17. For everyone to hear
18. Laurentians resort, Mont-__
20. Fridge door decorations
22. The Company org.
23. "__ Boot" (1981)
24. Three, in Italy
25. Finicky
27. Train co.
29. Horse gait
31. Somewhat
35. Car company
37. Glum
38. 1965 hit for The Miracles: "__ Baby Baby"
39. "Ho __" by The Lumineers
40. Banqueted
41. Tony Orlando's tree
42. Actress Laura
44. Common indoor nuisance
46. Apprehension
47. Had in hand
48. Cadillac _ _ _
49. Instrument on The Beatles' "Norwegian Wood"
51. Suffix with 'Capital'
53. Watering hole
56. Small batteries
57. David's formidable opponent
61. Group of Seven painter, _.__ __ (b.1882 - d.1974)
64. Accustom or harden
65. Prep the present, with It
66. Betty White's "Hot in Cleveland" role
67. "Me and Bobby __" by Janis Joplin
68. Call from the supermarket counter...
69. Reservations spot
70. Get the tea ready

Down
1. '70s music genre, __ Rock
2. The Kinks hit
3. Excited
4. Canada, for one
5. Bitter-__ (Diehard)
6. Supper scraps
7. Propel the canoe
8. Chopped ahead of time
9. 18-wheelers
10. Totally
11. Bunch of clothes in the washing machine
12. Salmon alternative
13. Selects
19. Channel-Port aux __, Newfoundland
21. Tea bags brand
25. Not against
26. Actor Mr. Brynner
27. Church singing group
28. Likely to
30. Singer, Lana Del __
32. Upward
33. Sigils
34. Like the pen's blue stuff
35. Frigid
36. New Brunswick town, 'The Lobster Capital of the World'
37. Dancer's rehearsal spot
40. ISP, e.g.
43. "If I Ruled the World" rapper
44. Not him
45. Dodo Bird's status
47. Inconvenience
50. Marvin Gaye/Kim Weston duet: "It __ Two"
52. Slenderizes
53. Like the carpenter's wood
54. Funeral rite sight
55. Town that's east of Toronto
57. Pesky bug
58. Eye: German
59. Tire swing supporter
60. Uriah __, Charles Dickens character
62. Appropriate
63. Cheese from Quebec

Friday's Crossword

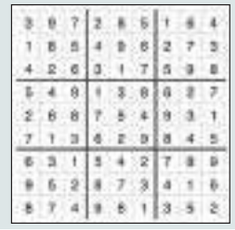


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		5		4			8	
	7	6		8				
3		8			6			
	8	1						7
	9		5		7		4	
4						5	2	
			8			1		2
				3		9	6	
	3			9		7		

Friday's Sudoku



Today
24°/11°
Mainly sunny
Tuesday
25°/13°
Partly cloudy
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